

Mexican Layered Dip

Ingredients:

- 1 pkg. (8 oz.) Neufchatel Cheese, 1/3 Less Fat than Cream Cheese, softened
- 1 Tbsp. TACO BELL® HOME ORIGINALS® Taco Seasoning Mix
- 1 cup TACO BELL® HOME ORIGINALS® Thick 'N Chunky Salsa
- 1 cup drained canned black beans, rinsed
- 1/2 cup chopped green onions
- 1 cup KRAFT 2% Milk Shredded Reduced Fat Cheddar Cheese
- 1 cup shredded lettuce
- 2 Tbsp. sliced pitted ripe olives
- 3 pkg. (13 oz. each) baked tortilla chips



Directions:

BEAT Neufchatel cheese with electric mixer on medium speed until creamy. Add seasoning mix; beat until well blended. Spread onto bottom of serving plate or 9-inch pie plate. LAYER remaining ingredients over Neufchatel cheese mixture; cover. REFRIGERATE at least 1 hour before serving. Serve with tortilla chips.

Makes 5 cups of dip

Nutrition per serving:

Calories - 90

Total Fat - 8g

Saturated Fat - 3.5g

Sodium - 125mg

Carbohydrates - 1

Dietary fiber - 0

Sugar - 0

Healthy Living: Use Neufchatel Cheese 1/3 Less Fat than Cream Cheese, 2% Milk Shredded Reduced Fat Cheddar Cheese and baked tortilla chips in place of regular products, you'll save 50 calories and 8 g fat per serving. Garnish with fresh cilantro to jazz it up.

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